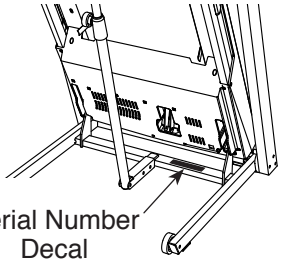
PRO-FORM® 520 ZLT

Model No. PETL59711.0
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

UNITED KINGDOM
Call: 08457 089 009
From Ireland: 053 92 36102
Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
CASTLEFORD
WF10 5QJ
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
E-mail: australiacc@iconfitness.com
Write:
ICON Health & Fitness
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

www.iconeurope.com

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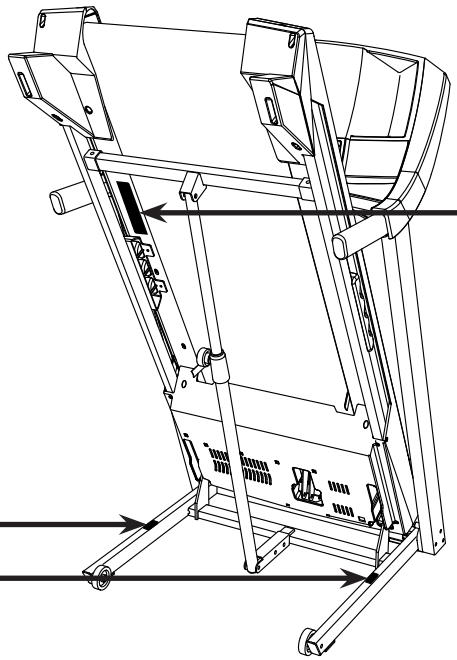
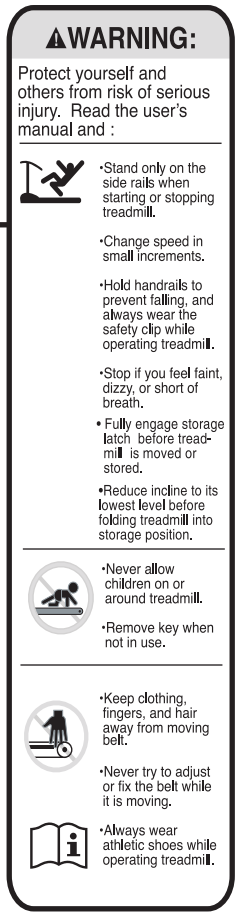
WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.




WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 13), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.**

12. **If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).**

13. **Keep the power cord and the surge suppressor away from heated surfaces.**

14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 20 if the treadmill is not working properly.)**

15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).**

16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**

19. **Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position when the treadmill is not in use (see the drawing on page 5 for the location of the power switch), and unplug the power cord.**

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 7 and HOW TO FOLD AND MOVE THE TREADMILL on page 19.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

21. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

22. **Never insert any object into any opening on the treadmill.**

23. **Inspect and properly tighten all parts of the treadmill regularly.**

24. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

25. **This treadmill is intended for home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

26. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

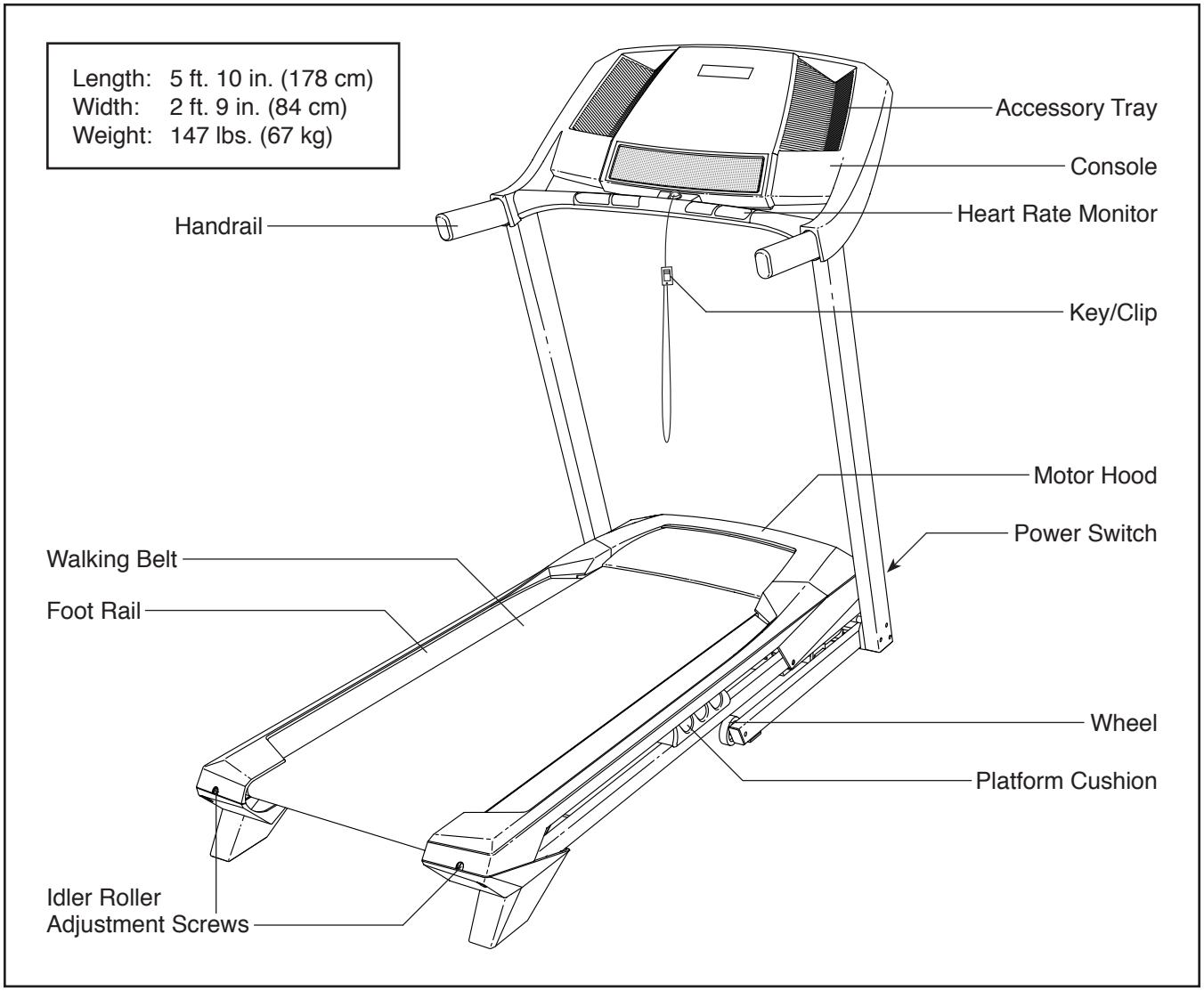
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 520 ZLT treadmill. The 520 ZLT treadmill provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

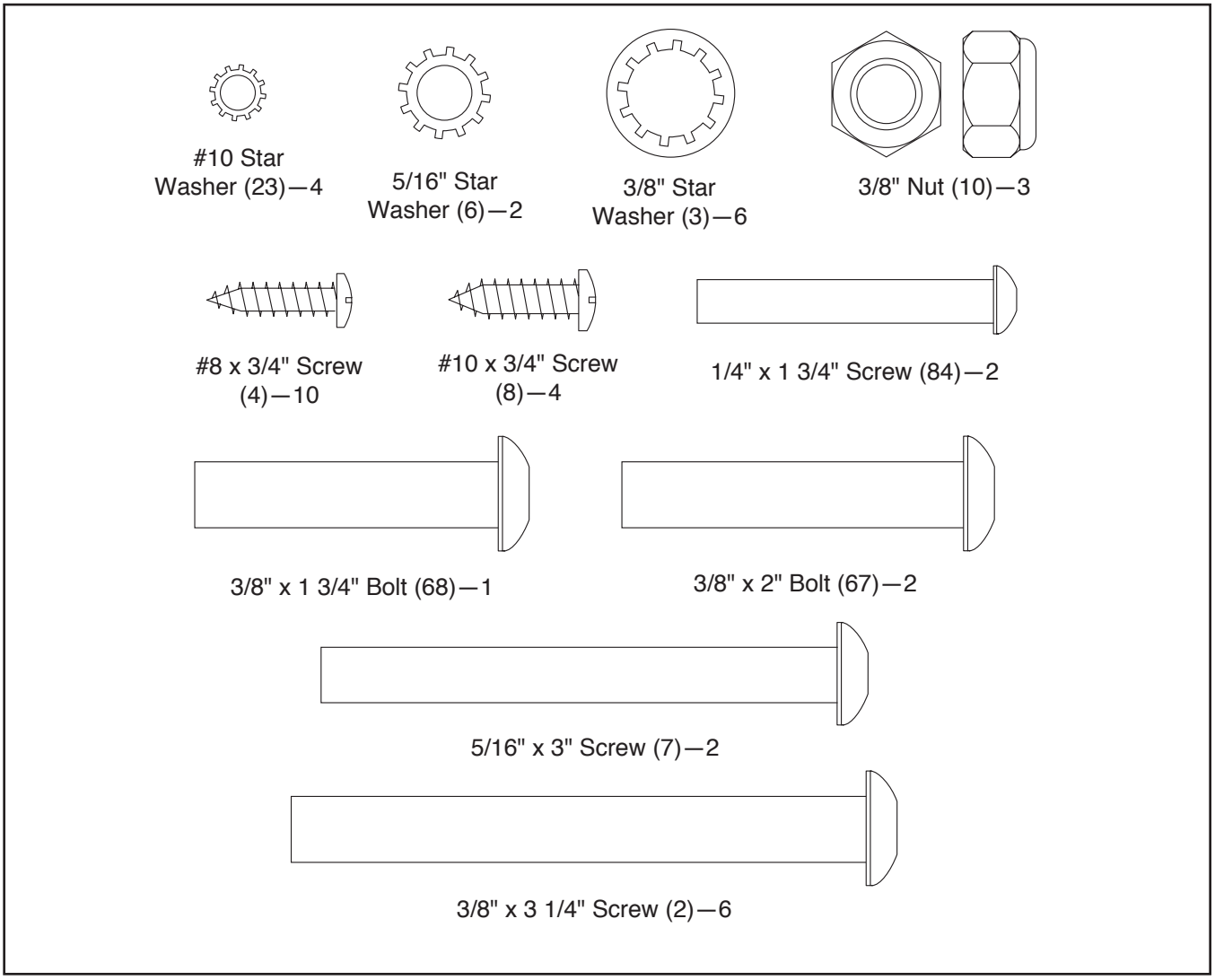
For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

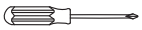
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached. Extra hardware may be included.**


#10 Star Washer (23)—4
5/16" Star Washer (6)—2
3/8" Star Washer (3)—6
3/8" Nut (10)—3
#8 x 3/4" Screw (4)—10
#10 x 3/4" Screw (8)—4
1/4" x 1 3/4" Screw (84)—2
3/8" x 1 3/4" Bolt (68)—1
3/8" x 2" Bolt (67)—2
5/16" x 3" Screw (7)—2
3/8" x 3 1/4" Screw (2)—6

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- To identify small parts, see page 6.
- Assembly requires the following tools:

the included hex keys

one Phillips screwdriver 

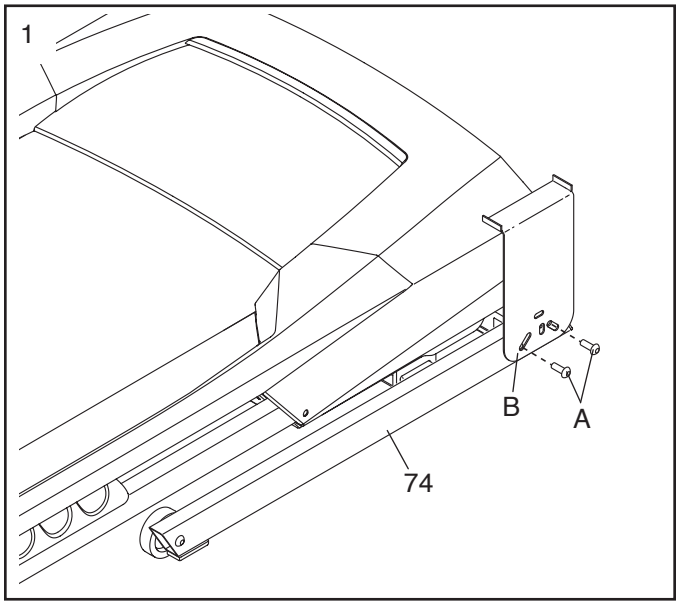
one adjustable wrench

To avoid damaging parts, do not use power tools.

1. **Make sure that the power cord is unplugged.**

   Remove and discard the two screws (A) and the shipping bracket (B) from the right side of the Base (74).

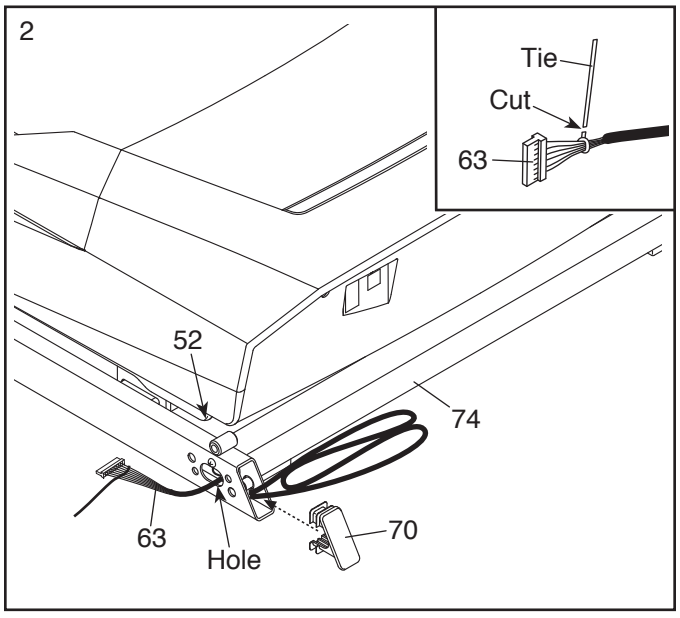
   Then, remove and discard the screws and the shipping bracket (not shown) from the left side of the Base (74).



2. Locate the Upright Wire (63) bundled between the Base (74) and the Belly Pan (52). Route the Upright Wire into the Base and out of the indicated hole.

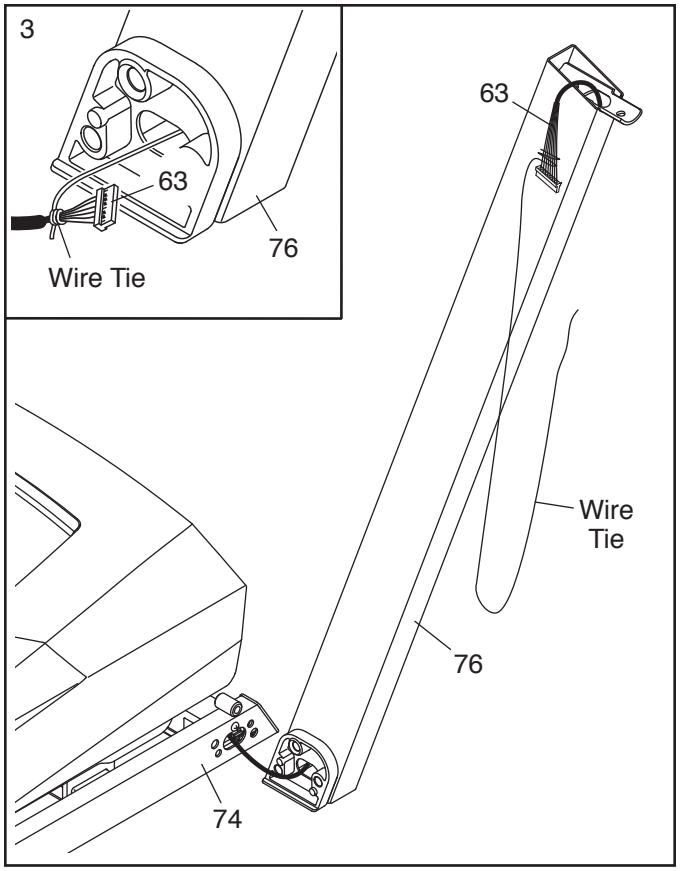
   Press a Base Cap (70) into each side of the Base (74).

   See the inset drawing. Cut the plastic tie near the Upright Wire (63). **Be careful not to damage the Upright Wire.**



3. Identify the Right Upright (76), which is marked "Right." Have a second person hold the Right Upright near the Base (74).

   See the inset drawing. Tie the wire tie in the Right Upright (76) securely around the end of the Upright Wire (63). Then, insert the Upright Wire into the lower end of the Right Upright as you pull the other end of the wire tie through the Right Upright.

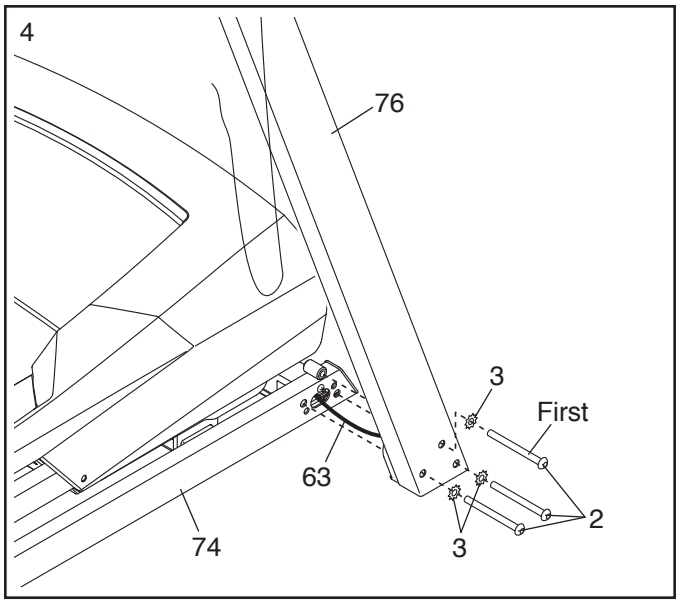


4. Hold the Right Upright (76) against the Base (74). **Be careful not to pinch the Upright Wire (63).**

   Insert a 3/8" x 3 1/4" Screw (2) with a 3/8" Star Washer (3) into the top hole in the Right Upright (76). Then, partially tighten the Screw into the Base (74).

   Partially tighten two more 3/8" x 3 1/4" Screws (2) with two 3/8" Star Washers (3) into the Right Upright (76) and the Base (74); **do not fully tighten the Screws yet.**

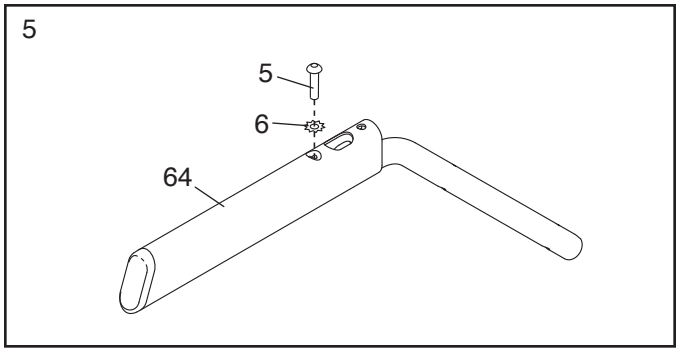
   Attach the Left Upright (not shown) in the same way. Note: There are no wires on the left side.



5. Identify the Right Handrail (64), which is marked "Right."

   Remove the 5/16" x 3/4" Screw (5) and the 5/16" Star Washer (6) from the Right Handrail (64). Note: The Screw and the Star Washer will be used in step 6.

   Repeat this step for the Left Handrail (not shown).



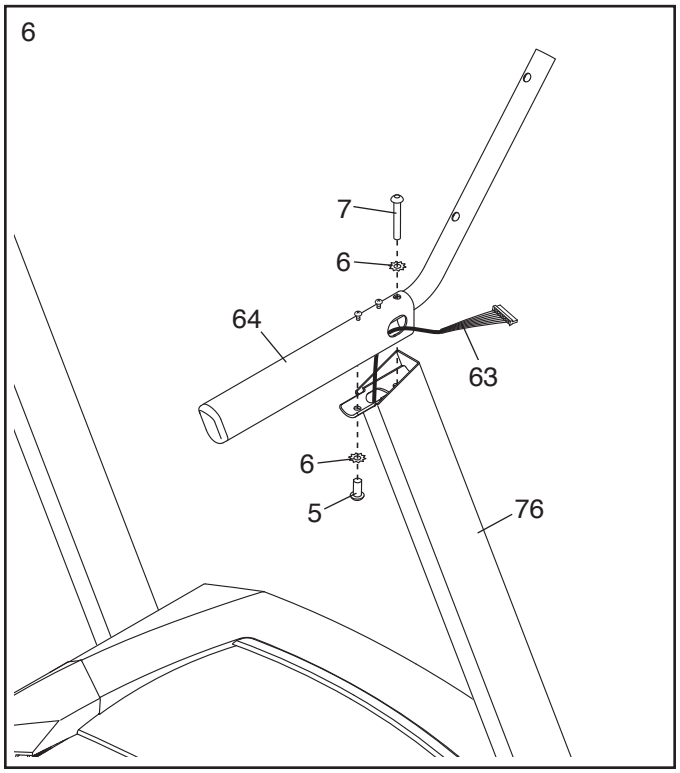
6. Have a second person hold the Right Handrail (64) near the Right Upright (76).

   Route the Upright Wire (63) into the bottom of the Right Handrail (64) and out of the hole in the Right Handrail.

   Be careful not to pinch the Upright Wire (63). Insert and partially tighten a 5/16" x 3/4" Screw (5) with a 5/16" Star Washer (6) into the Right Upright (76) and the Right Handrail (64). **Do not fully tighten the Screw yet.**

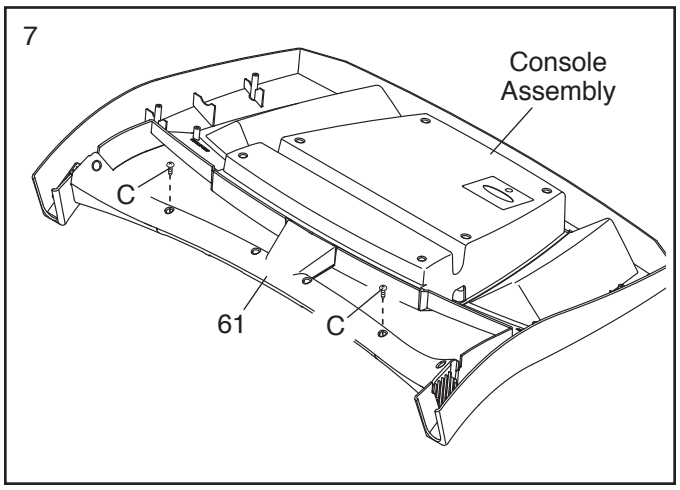
   Then, partially tighten a 5/16" x 3" Screw (7) with a 5/16" Star Washer (6) into the Right Handrail (64) and the Right Upright (76). **Do not fully tighten the Screw yet.**

   Attach the Left Handrail (not shown) in the same way. Note: There are no wires on the left side.

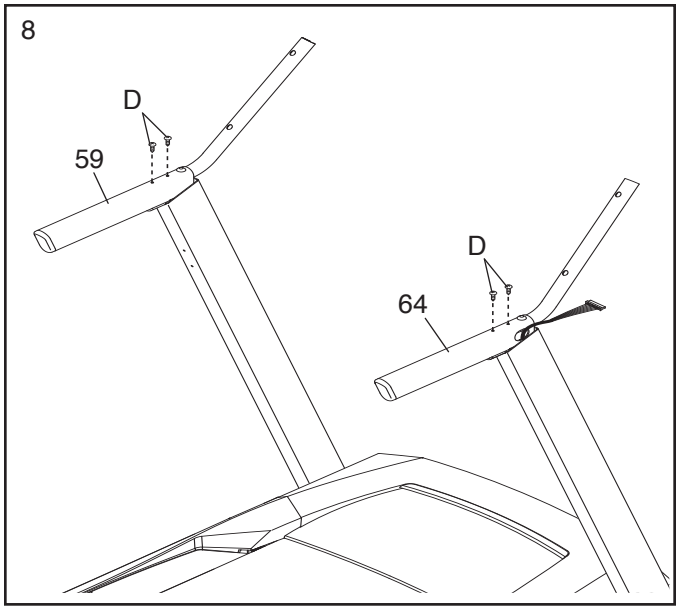


7. Set the console assembly face down on a soft surface to avoid scratching the console assembly.

   Remove the two Screws (C) from the Console Crossbar (61). Remove the Console Crossbar. Discard the Screws.

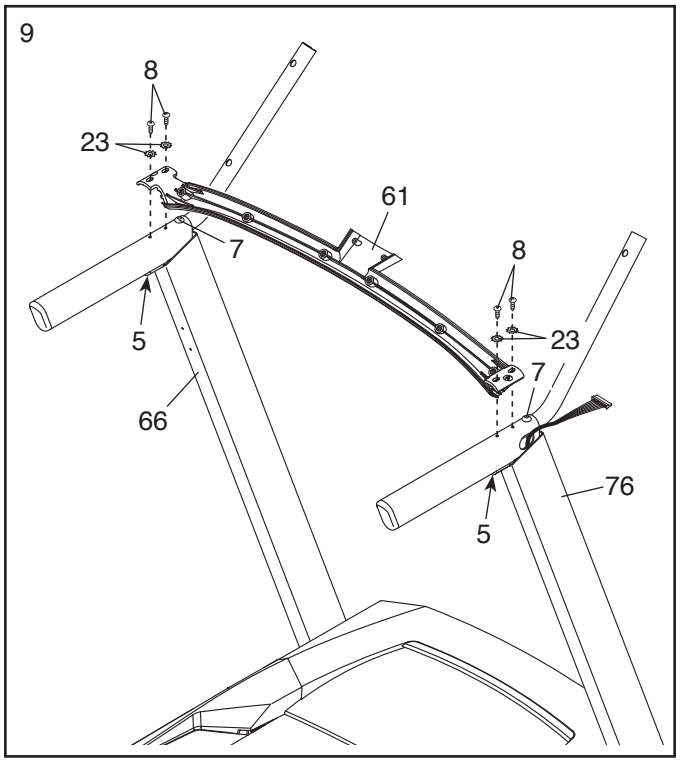


8. Remove the four Screws (D) from the Left and Right Handrails (59, 64). Discard the Screws.



9. Attach the Console Crossbar (61) to the Left and Right Uprights (66, 76) with four #10 x 3/4" Screws (8) and four #10 Star Washers (23). **Start all four Screws, and then tighten them.**

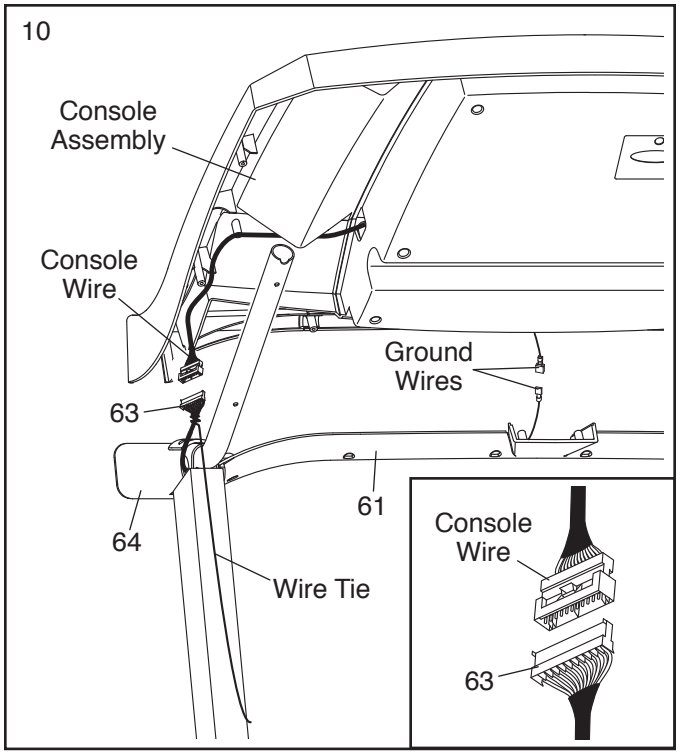
   Firmly tighten the two 5/16" x 3/4" Screws (5) and the two 5/16" x 3" Screws (7).



10. With the help of a second person, hold the console assembly near the Right Handrail (64).

    Connect the Upright Wire (63) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Then, remove the wire tie from the Upright Wire.

    Connect the console ground wire to the ground wire on the Console Crossbar (61).

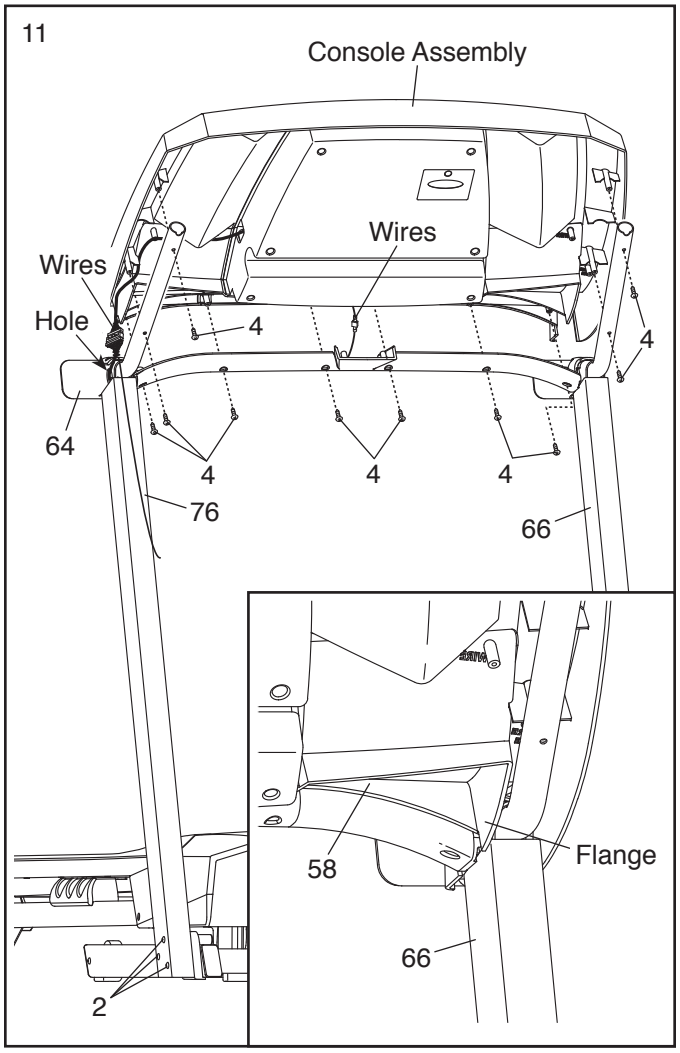


11. Insert the wires into the Right Handrail (64) through the indicated hole as you set the console assembly on the Left and Right Uprights (66, 76). **Make sure that no wires are pinched.**

    See the inset drawing. When setting the console assembly onto the Left and Right Uprights (66, 76), make sure that the indicated flanges (only one is shown) on the Console Base (58) **do not sit on top** of the Left or Right Upright. They must be on the sides of the Uprights as shown.

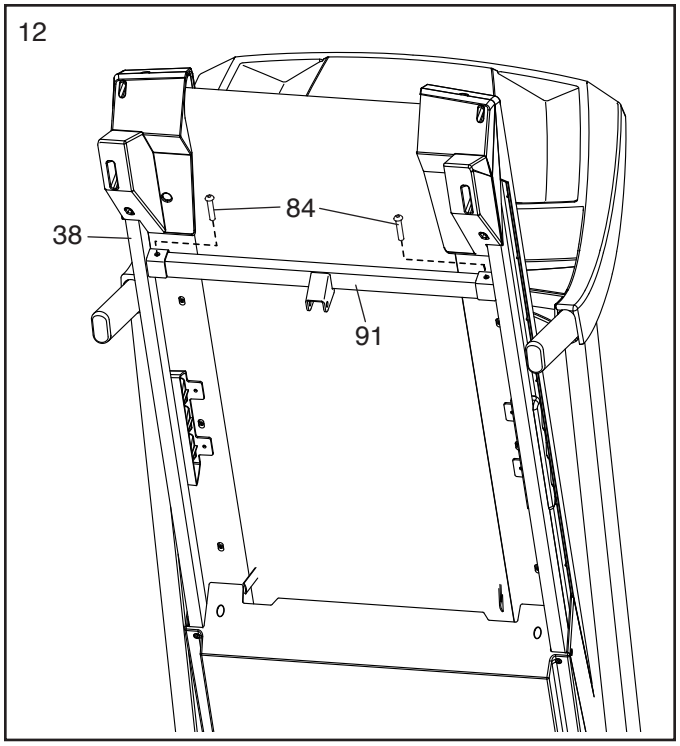
    Attach the console assembly with ten #8 x 3/4" Screws (4). **Start all ten Screws, and then tighten them. Do not overtighten the Screws.**

    Firmly tighten the six 3/8" x 3 1/4" Screws (2) on the lower ends of the Left and Right Uprights (66, 76) (only one side is shown).

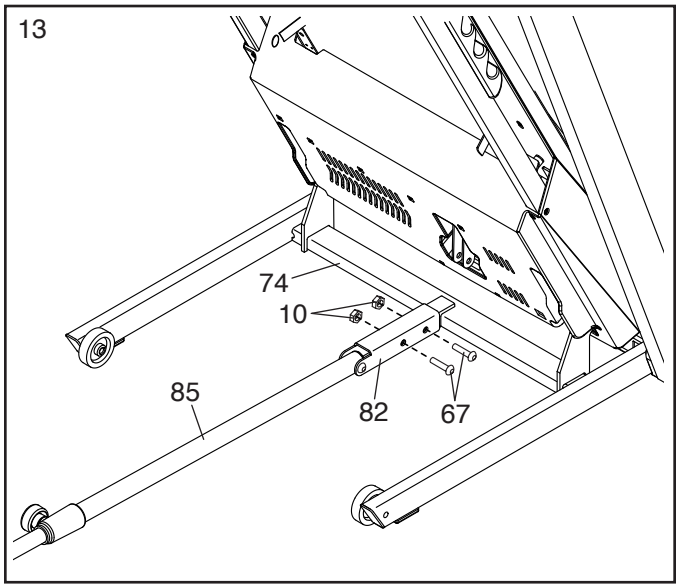


12. **Have a second person hold the Frame (38) during the next three assembly steps**.

Attach the Latch Crossbar (91) to the Frame (38) with two 1/4" x 1 3/4" Screws (84).



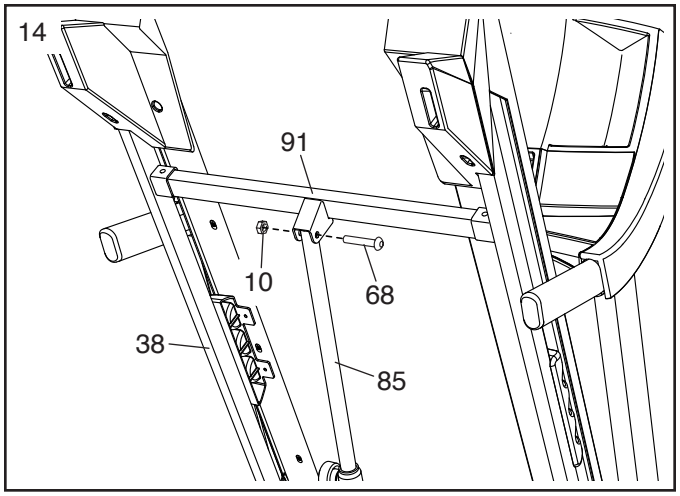
13. Attach the Latch Bracket (82) on the end of the Storage Latch (85) to the Base (74) with two 3/8" x 2" Bolts (67) and two 3/8" Nuts (10).



14. Attach the upper end of the Storage Latch (85) to the Latch Crossbar (91) with a 3/8" x 1 3/4" Bolt (68) and a 3/8" Nut (10).

    Move the treadmill to the desired location for use if you have not already done so (see HOW TO FOLD AND MOVE THE TREADMILL on page 19).

    Lower the Frame (38) (see HOW TO LOWER THE TREADMILL FOR USE on page 19).



15. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 21 and 22).

OPERATION AND ADJUSTMENT

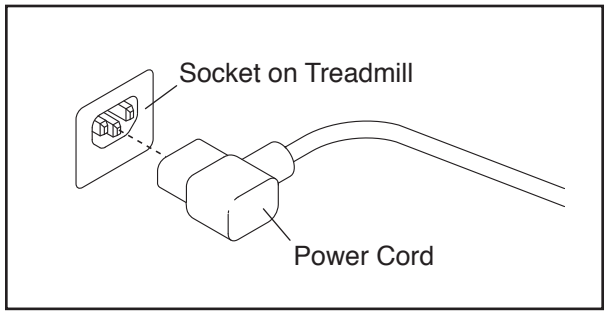
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

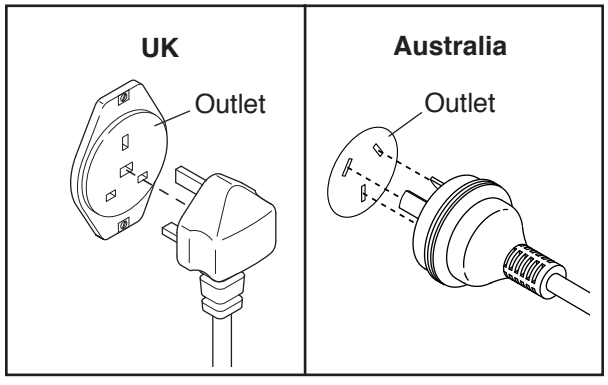
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Follow the steps below to plug in the power cord.

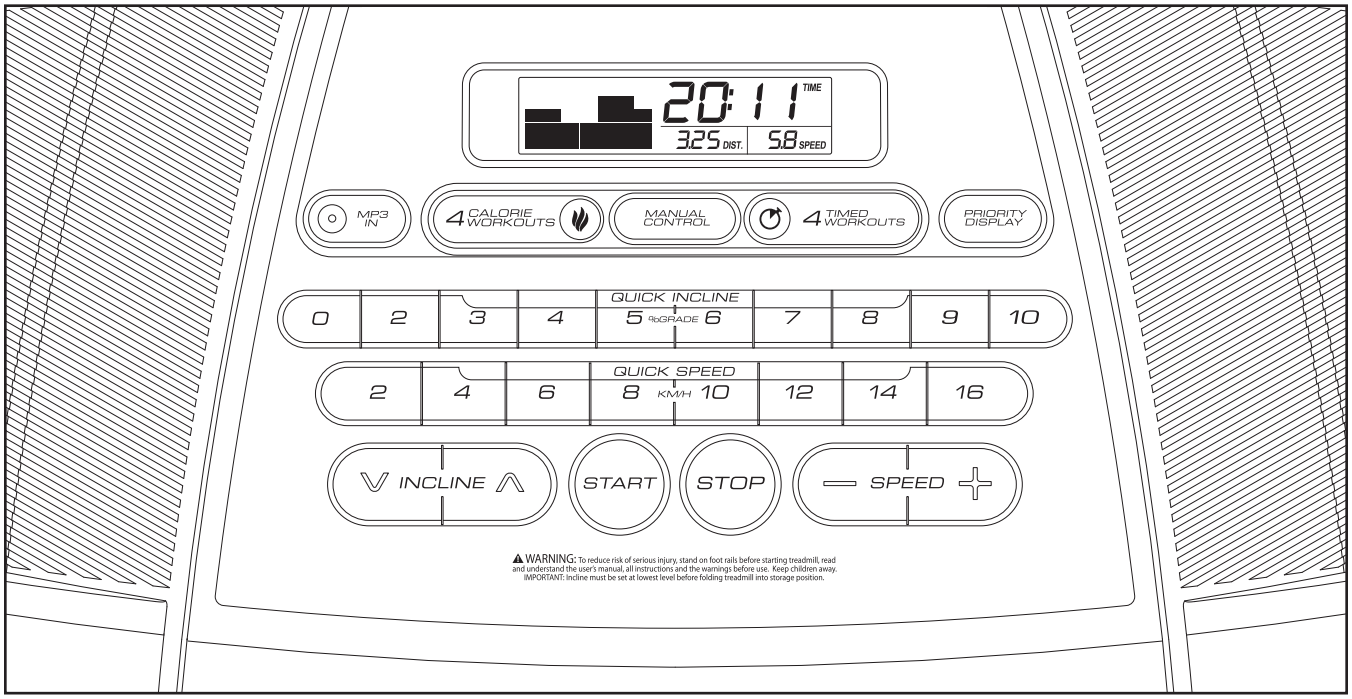
1. Plug the indicated end of the power cord into the socket on the treadmill.



2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



CONSOLE DIAGRAM


20:11
TIME
3.25 DIST.
5.8 SPEED
MP3 IN
4 CALORIE WORKOUTS
MANUAL CONTROL
4 TIMED WORKOUTS
PRIORITY DISPLAY
QUICK INCLINE
0 2 3 4 5 %GRADE 6 7 8 9 10
QUICK SPEED
2 4 6 8 KM/H 10 12 14 16
INCLINE
START
STOP
SPEED
WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions and the warnings before use. Keep children away.
IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip heart rate monitor.

The console also features four preset calorie workouts designed to help you to burn calories and enhance your cardiovascular system while toning and strengthening your muscles. In addition, the console offers four preset timed workouts. Each workout controls the speed and incline of the treadmill as it guides you through an effective exercise session.

To turn on the power, see page 15. **To use the manual mode,** see page 15. **To use a preset workout,** see page 17. **To use the information mode,** see page 18.

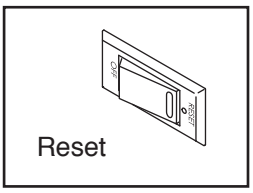
IMPORTANT: If there is a sheet of plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 22).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE INFORMATION MODE on page 18. For simplicity, all instructions in this manual refer to kilometers.

HOW TO TURN ON THE POWER

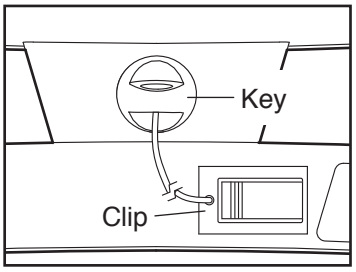
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**



HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If you have selected a workout, remove the key from the console, and then reinsert it. Only zeros should appear in the displays.

3. **Start the walking belt.**

   To start the walking belt, press the Start button, the Speed increase button, or one of the numbered Quick Speed buttons.

   If you press the Start button or the Speed increase button, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H.

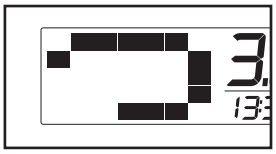
   If you press one of the numbered Quick Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

   To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered Quick Speed buttons.

4. **Change the incline of the treadmill as desired.**

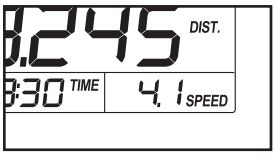
To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered Quick Incline buttons. Each time you press the Incline increase or decrease button, the incline setting will change by 0.5 percent. If you press one of the numbered Quick Incline buttons, the incline will gradually change until it reaches the selected incline setting.

5. **Follow your progress with the displays.**

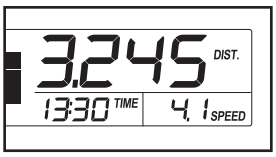


When you select the manual mode, a track representing 400 m (1/4 mile) will appear in the matrix. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The lower left display can show the elapsed time and the distance that you have walked or run during your workout. Each time you change the incline, the display will show the incline setting for a few seconds. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



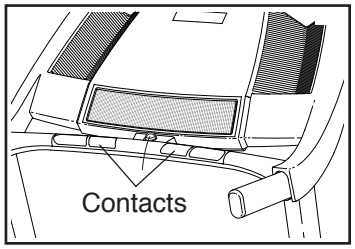
The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned during your workout. The display will also show your heart rate when you use the handgrip heart rate monitor (see step 6).



The upper display can show the elapsed time, the distance that you have walked or run, the approximate number of calories you have burned, or the speed of the walking belt. Press the Priority Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6. **Measure your heart rate if desired.**



Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

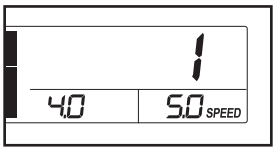
When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a preset workout.**

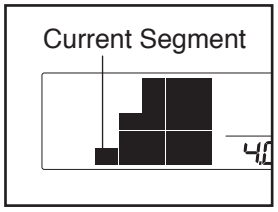
   

   To select a preset workout, press either the Calorie Workouts or the Timed Workouts button repeatedly. When you select a calorie workout, the maximum incline and the approximate amount of calories that you will burn will flash in the displays for a few seconds; then the display will show how long the workout will last. A profile of the speed settings of the workout will scroll across the matrix. If you select a timed workout, the maximum speed settings of the workout will flash in the lower right display instead of the approximate amount of calories that you will burn.

3. **Start the walking belt.**

   Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings for the workout. Hold the handrails and begin walking.

   Each workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and incline settings may be programmed for consecutive segments.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and/or incline setting is programmed for the next segment, the speed and/or incline setting will flash in the display to alert you. The treadmill will then automatically adjust to the speed and incline settings for the next segment.

   The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons; **however, when the current segment of the workout ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

4. **Follow your progress with the displays.**

   See step 5 on page 16.

5. **Measure your heart rate if desired.**

   See step 6 on page 16.

6. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 16.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console. You can also turn on and turn off the display demo mode.

To select the information mode, insert the key into the console while holding down the Stop button. Then, release the Stop button. When the information mode is selected, the following information will be shown:

The upper display will show the total number of hours that the treadmill has been used.

The lower left display will show the total number of miles or kilometers that the walking belt has moved.

An “E” for English miles or an “M” for metric kilometers will appear in the lower right display. Press the Speed increase button to change the unit of measurement, if desired.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the lower right display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

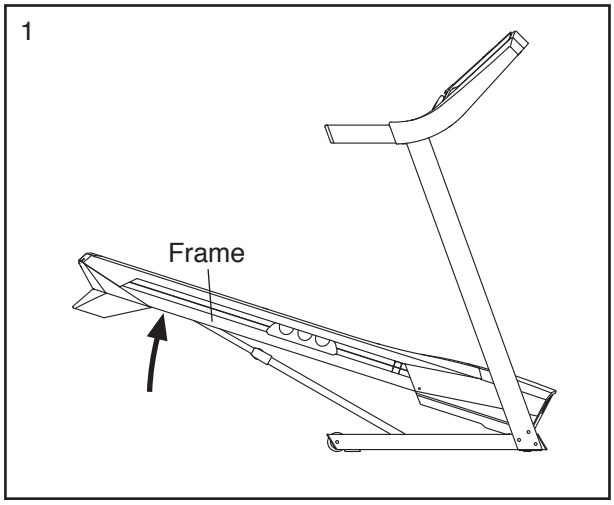
To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

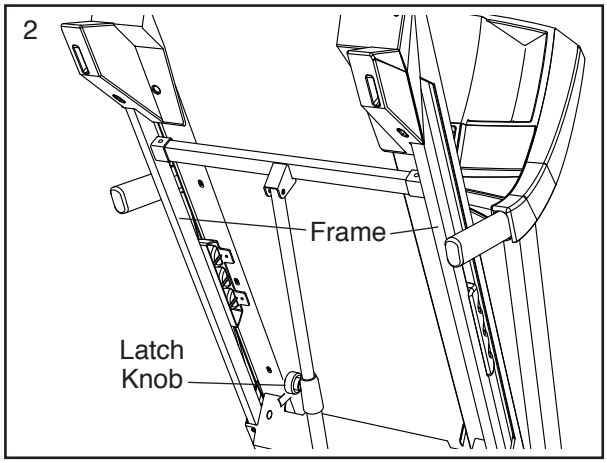
HOW TO FOLD THE TREADMILL

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**



2. Raise the frame until the latch knob locks in the storage position. **CAUTION: Make sure that the latch knob locks.**

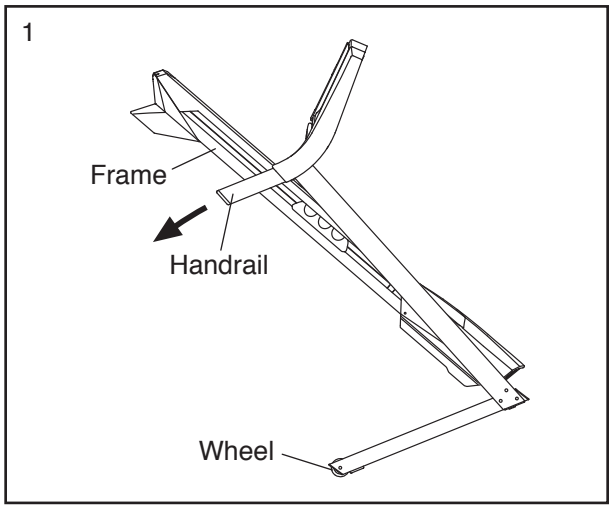


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the latch knob is locked. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill frame with your right hand. Then, pull the latch knob to the left. **IMPORTANT: Do not turn the latch knob.** If necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.

2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

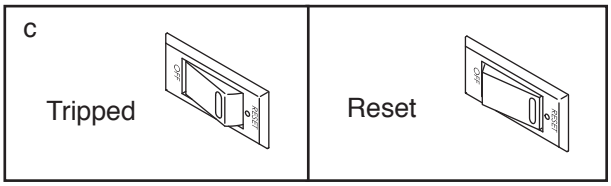
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

SYMPTOM: The power does not turn on

a. Make sure that the power cord is plugged into a properly earthed outlet (see page 13). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.



SYMPTOM: The power turns off during use

a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console, and then reinsert it.

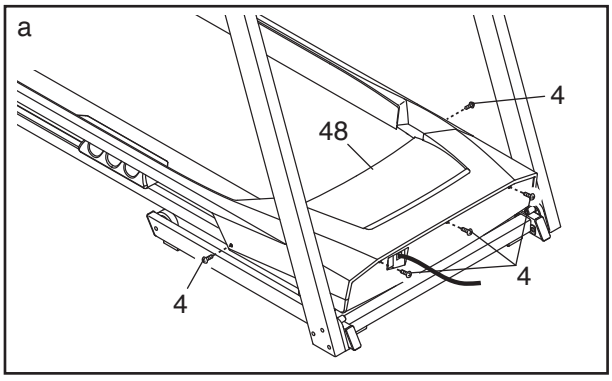
d. If the treadmill still will not run, please see the front cover of this manual.

SYMPTOM: The console displays remain lit when you remove the key from the console

a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

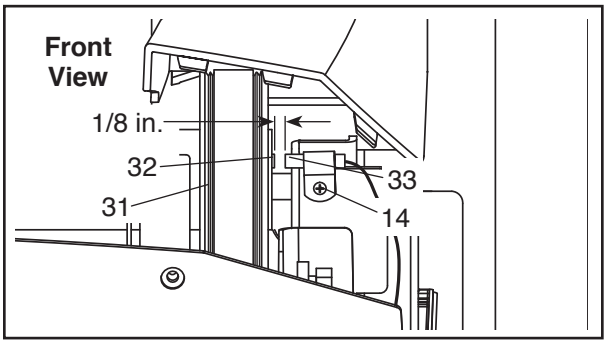
SYMPTOM: The displays of the console do not function properly

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the five indicated #8 x 3/4" Screws (4).



Carefully lift the Motor Hood (48) upward, and then slide it forward and off. Make sure that the Motor Hood does not get caught by the tabs on the sides of the Motor Hood.

Locate the Reed Switch (33) and the Magnet (32) on the right side of the Pulley (31). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Truss Head Screw (14), move the Reed Switch slightly, and then retighten the Screw. Carefully slide the Motor Hood (not shown) back on by lining up the guides. Reattach the Motor Hood with the five #8 x 3/4" Screws (not shown). Then, plug in the power cord, insert the key, and run the treadmill for a few minutes to check for a correct speed reading.



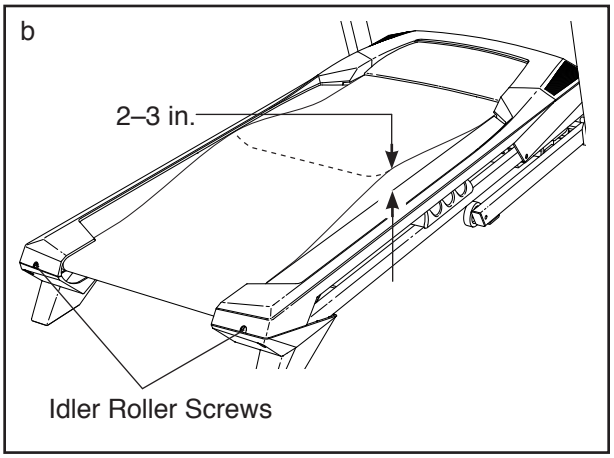
SYMPTOM: The incline of the treadmill does not change correctly

a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Stop button and then press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not begin calibrating, press the Stop button again, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

SYMPTOM: The walking belt slows when walked on

a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

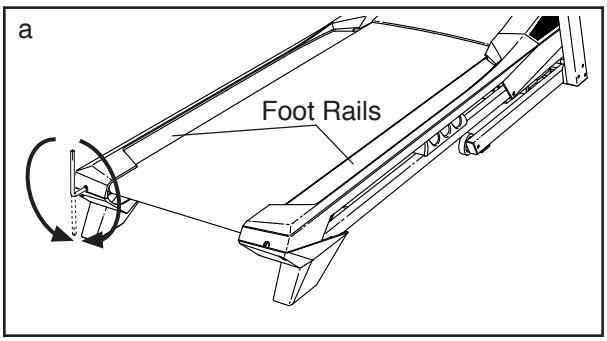


c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.

d. If the walking belt still slows when walked on, see the front cover of this manual.

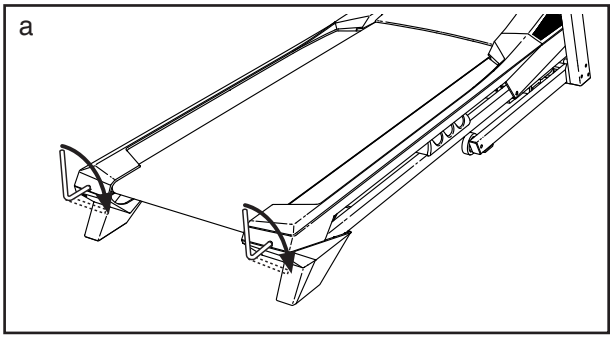
SYMPTOM: The walking belt is not centered between the foot rails. IMPORTANT: If the walking belt rubs against the foot rails, the walking belt may be damaged.

a. First, remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



SYMPTOM: The walking belt slips when walked on

a. First, remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	
145	*138*	*130*	*125*	*118*	*110*	*103*	
125	*120*	*115*	*110*	*105*	*95*	*90*	
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST

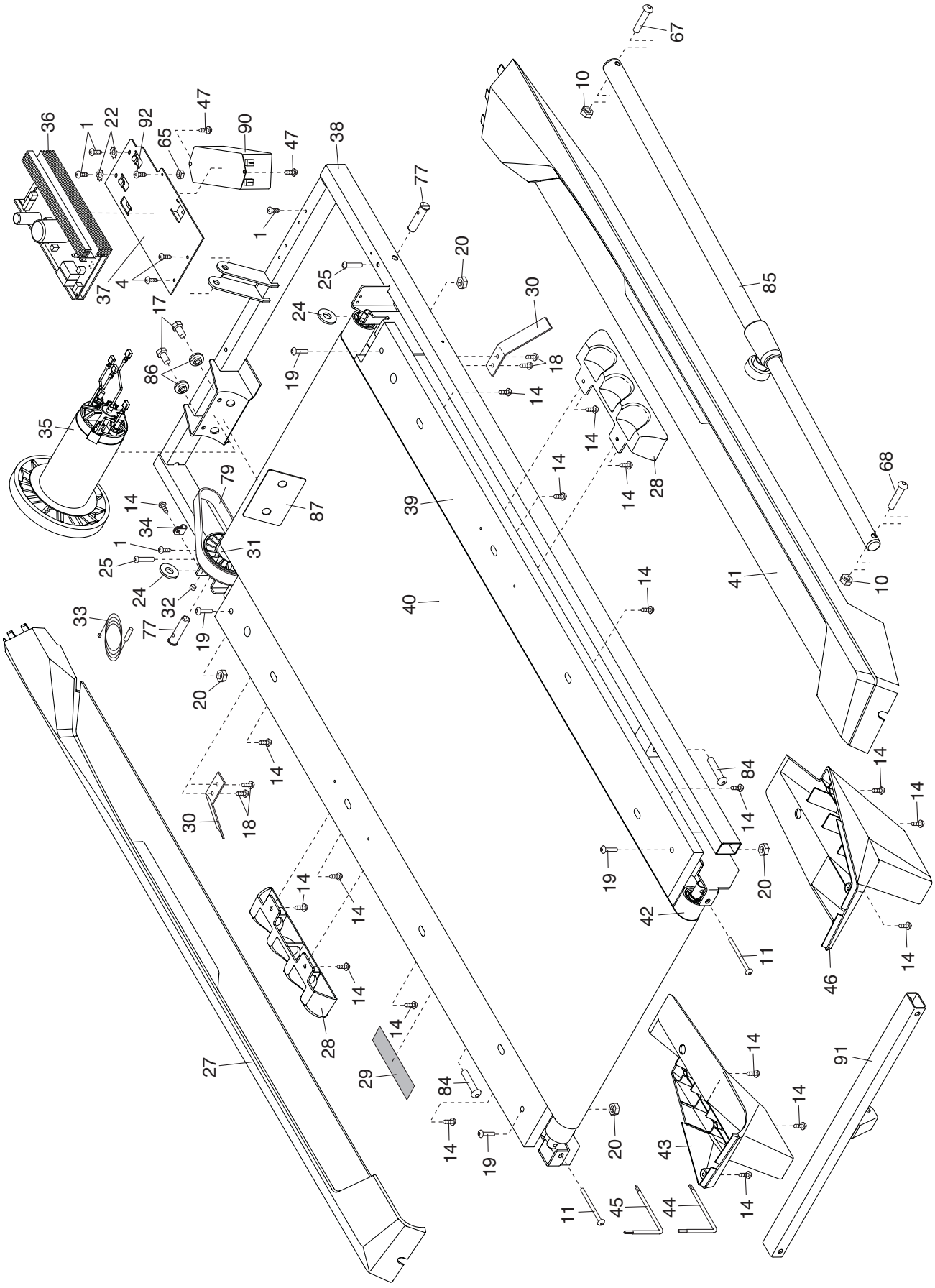
Model No. PETL59711.0 R0312A

Key No.	Qty.	Description
1	6	#8 x 1/2" Ground Screw
2	6	3/8" x 3 1/4" Screw
3	6	3/8" Star Washer
4	32	#8 x 3/4" Screw
5	2	5/16" x 3/4" Screw
6	4	5/16" Star Washer
7	2	5/16" x 3" Screw
8	4	#10 x 3/4" Screw
9	2	3/8" x 2 1/2" Bolt
10	8	3/8" Nut
11	2	M6 x 55mm Screw
12	2	3/8" x 1" Bolt
13	3	Hood Clip
14	19	#8 x 3/4" Truss Head Screw
15	1	3/8" x 1 3/4" Bolt
16	2	3/8" Jam Nut
17	2	1/4" Motor Screw
18	4	#8 x 1/2" Screw
19	4	5/16" x 1 1/2" Bolt
20	4	5/16" Nut
21	2	#8 x 1/2" Pan Head Screw
22	2	#8 Star Washer
23	4	#10 Star Washer
24	2	Drive Roller Washer
25	2	1/4" x 1 1/4" Screw
26	2	Incline Frame Washer
27	1	Left Foot Rail
28	2	Platform Cushion
29	1	Caution Decal
30	2	Belt Guide
31	1	Drive Roller/Pulley
32	1	Magnet
33	1	Reed Switch
34	1	Reed Switch Clamp
35	1	Drive Motor
36	1	Controller
37	1	Electronics Plate
38	1	Frame
39	1	Walking Platform
40	1	Walking Belt
41	1	Right Foot Rail
42	1	Idler Roller
43	1	Left Rear Foot
44	1	Hex Key
45	1	5/32" Hex Key
46	1	Right Rear Foot
47	2	#8 x 1/3" Screw
48	1	Motor Hood
49	1	Incline Motor
50	2	Lift Frame Bushing
51	1	Lift Frame
52	1	Belly Pan
53	1	UK Power Cord
54	1	Power Cord
55	1	Power Switch
56	1	Access Door
57	1	Console
58	1	Console Base
59	1	Left Handrail
60	2	Lower Handrail Cap
61	1	Console Crossbar
62	1	Key/Clip
63	1	Upright Wire
64	1	Right Handrail
65	1	#8 Nut
66	1	Left Upright
67	3	3/8" x 2" Bolt
68	1	3/8" x 1 3/4" Bolt
69	2	Warning Decal
70	4	Base Cap
71	2	Thick Base Pad
72	2	Thin Base Pad
73	1	Upright Grommet
74	1	Base
75	2	Wheel
76	1	Right Upright
77	2	Lift Frame Pin
78	8	#8 x 3/4" Tek Screw
79	1	Drive Motor Belt
80	1	3/8" x 1 1/2" Bolt
81	2	Wire Tie
82	1	Latch Bracket
83	2	Upper Handrail Cap
84	2	1/4" x 1 3/4" Screw
85	1	Storage Latch
86	2	Motor Bushing
87	1	Motor Isolator
88	1	Ferrite
89	1	Receptical
90	1	Filter
91	1	Latch Crossbar
92	1	#8 x 3/4" Bolt
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

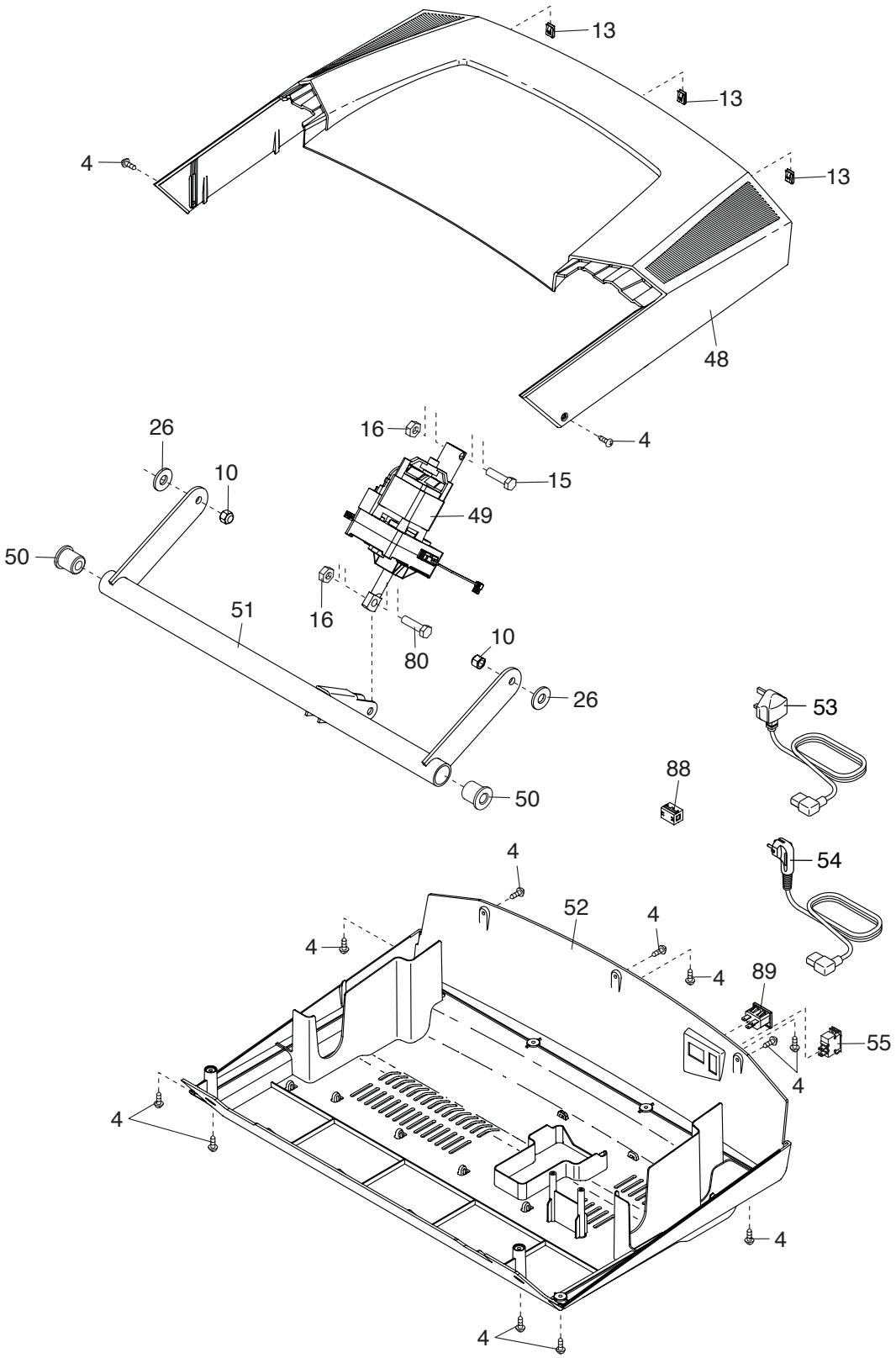
EXPLODED DRAWING A

Model No. PETL59711.0 R0312A



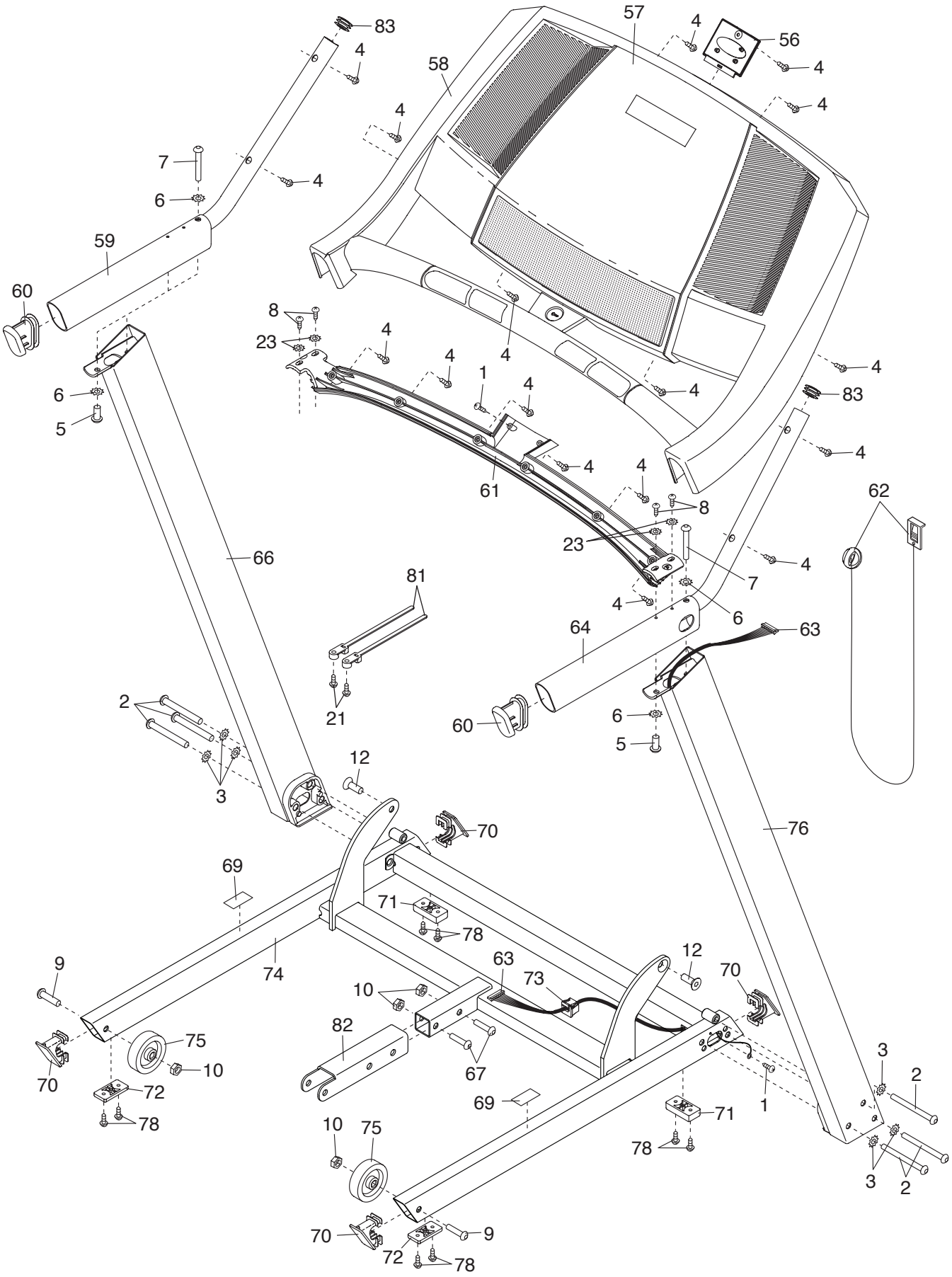
EXPLODED DRAWING B

Model No. PETL59711.0 R0312A



EXPLODED DRAWING C

Model No. PETL59711.0 R0312A



ORDERING REPLACEMENT PARTS

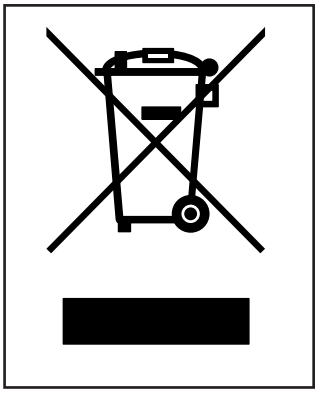
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



Part No. 326504 R0312A

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